The Lemon Grove REVIEW

Vol. 41, No. 30 | Serving Lemon Grove and nearby communities | Thursday, February 23, 1989 | 25¢

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Ownership changes

A new era begins with great excitement and hope

Today's issue truly is a new beginning, as it is the first newspaper published by Forum Publications, Inc., the new owner of the Lemon Grove Review and the Spring Valley Bulletin.

The use of the word "forum" in the new corporation's name is representative of the basic philosophy which will guide the company's efforts. The most appropriate definition for forum is "a medium for open discussion." Forum Publications is committed to providing a means for open discussions on matters of concern to members of the community in a fair and unbiased manner. However, for us to be successful, the community must participate.

We extend an invitation to governmental representatives at all levels, civic organizations, social organizations, business associations, recreational programs, health organizations, education institutions, religious organizations, and each individual business person, resident or visitor to help us be the best community newspaper that we can be. We need your suggestions and support.

Giving birth to this issue has not been easy. It is a long way from perfect, but it represents a giant step in the direction we are headed. We hope that it allows our readers and advertisers to see the potential of our new production process. With computerized typesetting and offset printing we are now able to accommodate the use of more photographs, color, and a more contemporary look.

Despite heroic efforts by Karen O'Rourke to find a number of news items and photographs of local interest, our news coverage is minimal, and once again we need your help. A small newspaper simply cannot afford to have a staff of full-time reporters and photographers. And larger newspapers like the Union cannot afford to devote much attention or space to small communities. That's why we appreciate contributors like Carol McCarthy, who sent the stories on the Cub Scout competition, and Frank Andrews for his column. We want to work with representatives of each organization, parents, and any individuals who are interested in writing or photography. We're especially in need of administrators, teachers, and students in the local schools to help keep us informed of the multitudes of activities.

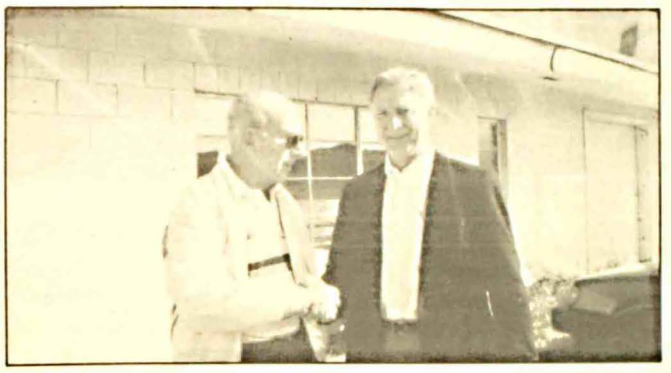
We also want to work closely with business leaders and business organizations in the area to help promote their efforts to strengthen the community. We will join the Chamber of Commerce and we will encourage others to do likewise. We also hope to assist the service clubs and religious and charitable organizations in the community in their efforts to help others.

To tackle all of this and more will be difficult and exciting. We are looking forward to the challenge and know that we can count on each of you to assist us.

In the weeks ahead we plan to develop our coverage in the following areas:

- Births
- Engagements & weddings
- Obituaries
- Education and related activities
- Library activities
- Historical information
- Sports & recreational activities
- Dining and entertainment
- Health & fitness
- Business and finance
- Real estate
- Automotive
- Senior activities
- Clubs and social or service organizations
- Religious activities

As you can see, the above list, which is not all inclusive, hits most of you in multiple ways. Remember our interest in these areas and make a contribution. Or let us know what areas you would like, what you don't like, or what you think about how we're doing. We want to hear from you.



Max Goodwin (left) congratulates Pete Kaufman

Dr. Serafin Zasueta honored as Citizen of the Month

Congressman Jim Bates selected Dr. Serafin Zasueta as the Forty-Fourth Congressional District's Citizen of the Month for Lemon Grove.

Serafin Zasueta was born in National City and was educated in San Diego. He attended St. Jude's Emerson Memorial, San Diego High and Helix High School. Zasueta went to San Diego City College, and then Grossmont College where he earned his Associate of Arts in Liberal Studies. Subsequently, Zasueta earned a Bachelors of Science in Physical Growth and Development, a teaching credential and a Masters in Physical Development and Special Education at SDSU. Finally, in January of 1986, Zasueta completed his Doctorate in Counseling Psychology at the Professional School of Psychological Studies in San Diego.

Currently, Zasueta is the Dean and Director of Southwestern College satellite campus at San Ysidro where he has taught since 1974.

At Southwestern, Dr. Zasueta has provided instruction for students in bilingual education, human awareness, child development and guidance, and abuse and neglect. He was also instrumental in setting up one of the first courses offered on child abuse and neglect, and this course is now required of all child development majors and is part of the main catalog.

Zasueta is the Chair of the Academic Senate at Southwestern College, the President of the Mexican-American Faculty Association, and a visiting Professor and research scholar at the University of California at Los Angeles.

Dr. Zasueta has been affiliated with the Lung Association, AYSO, the PTA, Chicano Federation, and Indian Guides. He also maintains memberships in the California Association for the Education of Young Children, Phi Delta Kappa, California Teacher's Association, National Education Association, Co-ordinating Council for Child Abuse and Neglect, American Psychological Association, and the San Ysidro Chamber of Commerce.

Zasueta is married to Hilda Rojas Zasueta and has one son, Steven Serafin Zasueta, age 21.

Dr. Serafin Zasueta (left) honored by Congressman Bates

Grossmont Hospital senior advisor, Ms. Debbie Cook, to speak to inland military widows

The Inland San Diego County Chapter, Society of Military Widows, will have Ms. Debbie Cook, Dept. Assistant/ Senior Advisor of the Grossmont Hospital Senior Program, as guest speaker at the Chapter meeting Saturday, March 11.

Ms. Cook will explain medical options and the many services available to the senior citizens in the area under the "Club 65." The Chapter will meet at 10:15 a.m. at the Hillside Recreation Center, 840 Buena Terrace, El Cajon.

Refreshments will be served during a 15-minute social period preceding the meeting and a no-host luncheon will follow. Further information may be obtained by calling 443-8804 or 465-2140.

"Seniors Speak Out" to feature candidates

"California Senior Legislature" airs March 5 with a discussion about what the CSL is and the impact it is having on important issues affecting the state's senior population. Host Doug Waldo also introduces CSL candidates for the upcoming election on March 21. The program repeats Thursday, March 9, at 10:00 a.m.

"Seniors Speak Out" is a production of KPBS Television. Funding is made possible by the Pacific Telesis Foundation and Junior League of San Diego, Inc., with additional assistance from COMPS, Committee On Programming for Seniors.

Historical Society to meet March 2nd

The Lemon Grove Historical Society will hold its regular monthly meeting March 2, 1989, in the Library, 8073 Broadway, Lemon Grove, at 1:30 p.m. Following the business meeting, Mr. Jim Price, author, will show slides of historical and contemporary railroad stations of San Diego County. He will also present his book with photographs of the stations.

Anyone interested is invited to attend and to stay for refreshments and a short social hour.

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San Miguel Fire Log

February 9, 1989

1600 blk. Canyon St.--Female--Illness.
3400 blk. Helix St.--Male--Unknown medical.
8100 blk. Blossom Ln.--Female--Illness.
11300 blk. Fuerte Dr.--Smoke Check
2700 blk. Sweetwater Sprgs.--Male--Illness.
900 blk. Felicita--Cancelled enroute.
Helix/Kenwood--Male-Neck pain.
10400 blk. Rancho Rd.--Brush/trash in back of pick-up truck.
2000 blk. Pierce Ct.--Female--Illness.
2000 blk. Vista Hermosa Way--Smoke check.

February 10, 1989

8700 blk. Valencia--Grassfire--No damage.
Vista Grande/Vista Grande Ct.--Gasoline Leak.
3600 blk. Dehesa Rd.--Smoke Scare.
9900 blk. Jamacha Blvd.--Female-Stroke.
10700 blk. Jamacha Blvd.--Female--DOA.
3700 blk. Agua Dulce Blvd.--Female--Asthma attack.
Jamacha Blvd./Calavo Dr.--Public service.
1000 blk. Leland St.--Male--Convulsions.

February 11, 1989

Spring Glen/Fairhill--Illegal burn.
Sweetwater Rd./Lamar St.--Non-injury auto accident.
9900 blk. Campo Rd.--Special service.
8700 blk. Jamacha Rd.--Male--Asthma.
6300 blk. Quarry Rd.--Male--Illness.
2400 blk. Hilton Head Pl.--Female--Seizure.
9800 blk. Dale Ave.--Female--Illness.
Hwy. 94/Jamacha Blvd.--Female--Auto accident--Minor injury.
3500 blk. Kenora--Female--Illness.

February 12, 1989

700 blk. Ramona--Male--Illness.
2100 blk. Ramona Ave.--Female--Seizure.
Sweetwater Rd./Spring Vista--Non-injury auto accident.
8800 blk. Zabel Ct.--Female-Heart attack.
9800 blk. Alto Dr.--Non-injury auto accident.
So. Bay Pkwy./Swap Meet Rd.--Auto accident--Minor injury.
9100 blk. Lamar St.--Illegal burn.
10200 blk. Del Rio Rd.--Male--Difficulty breathing.
8900 blk. Corte Pellejo--Vehicle fire--Damage $700.

February 13, 1989

2100 blk. Merlyn Pl.--Smoke check--No fire.
9800 blk. Dale St.--Public assistance.
10700 blk. Jamacha Blvd.--Male--Difficulty breathing.
3900 blk. Conrad Dr.--Female--Seizure.
1700 blk. Jamacha Rd.--Female--Illness.

February 14, 1989

2900 blk. Central Ave.--Male--Illness.
Helix/Lamar St.--Non-injury auto accident.
8600 blk. Lamar--Male--Heart attack.
9100 blk. Jamacha Blvd.--Small grass fire--No damage.
9600 blk. Grandview Dr.--Female--Chest pain.
9800 blk. St. George--Female--Unknown medical.
Ashmore/Carlsbad--Auto accident--Minor injuries.
5300 blk. Grandridge Rd.--Male--Chest pain.
3200 blk. So. Granada--Vehicle fire-Cause, possible leak or ma function of carburetor--Damage $6,000.
4100 blk. Palmtree-Male-Reaction to medication.
8700 blk. Potrero--Female--Heart attack.
300 blk. Kempton--Female--Shortness of breath.
8700 blk. Jamacha Rd.--Female--Chest pain.
Valencia/Central--Vehicle into chain link fence--Non-injury.
1400 blk. Presioca--Vehicle fire--No damage.
3800 blk. Helix--Male--Illness.
Challenge/Vista Way--Smoke check.
9200 blk. Kenwood--Odor check.
1600 blk. Hilton Head--Female--Illness.

February 15, 1989

8800 blk. Noeline--Structure fire--Cause, natural gas leak-Damage $40,000 structure, $20,000 to contents.
Jamacha Rd./Chase Ave.--Non-injury auto accident.
800 blk. Paraiso--Auto vs. bicycle--Minor injuries.
9700 blk. Campo Rd.--Male--Difficulty breathing.
4400 blk. Shade Rd.--Vehicle fire--Cause, fuel pump malfunction-Damage $200.
8900 blk. Orville-Faulty heater--No fire.

WEATHER

The following information was provided by the Lemon Grove Fire Department:

	High	Low
February 11	62	41
February 12	59	42
February 13	58	41
February 14	60	40
February 15	65	39
February 16	65	39
February 17	72	42

The precipitation this year-to-date is 4.17 inches. Last year for the same period it was 11.06 inches.

Obituaries

Clifford George, 60, Optician

Clifford George, an El Cajon resident, died Thursday, Feb. 9, 1989, at his home. A memorial service, arranged by Paris-Frederick, was conducted Saturday, Feb. 11, 1989, at the First United Methodist Church of El Cajon.

Born in Idaho, Mr. Goerge was an optician in the U.S. Navy for 20 years until his retirement in 1983. He also worked as an optician for the Navy Exchange Optical Shop.

Survivors include his wife, Marilyn; two daughters, Terri Crane of Lemon Grove and Carlene Parli of El Cajon; a son, Gary of El Cajon; one sister; one brother; and four grandchildredn.

The family suggest contributions to San Diego Hospice

Shirley LeCureaux, 59, homemaker

Shirley LeCureaux died Thursday, Feb. 14, 1989, at a local hospital. Services were conducted Friday, Feb. 17, 1989 at Conrad-Lemon Grove Mortuary, with internment at Fort Rosecrans National Cemetary.

Mrs. LeCureaux was born in Royal Oak, Michigan and worked at California Convalescent Hospital in La Mesa for ten years as an activity director.

She is survived by her husband, David L.; two sons, James of Sacramento and Richard of La Mesa; one daughter, Janice Rubin of San Diego; a brother, B. Z. Rutledge of Arizona; and four granchildren.

The family requests donations be made to the Church of the Open Bible.

Mary A. Vlach, 75.

Mary A. Vlach, a prominent Lemon Grove clubwoman, died Monday at Sharp Cabrillo hospital.

Mrs. Vlach and her husband, Lawrence F. Vlach, a retired banker, had lived in Lemon Grove since 1950. They had celebrated their 57th wedding anniversary earlier this month.

Mrs. Vlach had been president of the Lemon Grove Woman's Club, Federated, 3 times and is also past president of Los Donas section. She served as recording secretary for a year of the District Federation. She is a member of the Elk's Lodge of El Cajon. She is also a member of the L.G. Moose Lodge and a charter member of Women of the Moose.

Cremation, without services, is planned.

Police log

8300 blk. Blossom	Frame broken when door kicked	TV, VCR's, camera, jewelery, $10,000
2300 blk. McKnight	Door kicked & slide latch broken	TV, cash, $1,750
2400 blk. Washington	Roof vent entered	Gun, $317
2100 blk. Ensenada	Took off screen	Unknown property loss
8400 blk. Ildica	Frame broken when door kicked	Unknown loss
7200 blk. Pasqual	Wood frame pried away	VCR, food
1700 blk. Dupont	Unsecured garage	Tools
3500 blk. Olive	Cut padlock	Computers, $5,100
6600 blk. MacArthur	Unsecured Garage	Car stereo equipment, $600
8500 blk. Troy	Unknown, no force	Coins, $30,185
2800 blk. Massachusetts	Glass broken	TV, knife, $350
8700 blk. Broadway	Louvers removed	Computer, $250
3200 blk. Bancroft Dr.	Hands	Computer & printer $2,700
11000 blk. Singletree	Hands	Cash & liquor, $7
9200 blk. Campo Rd.	Pry bar	Watch, jewelery, $1,700
9800 blk. Campo Rd.	Hands	Cigarettes, $450
9600 blk. Summerfield	Pry tool on front door	Cash, $1,520 Pillowcase, $10
8900 blk. Corte Quezada	Left keys on ctr.	Jewelery, $4,417 Keys, $4 Revolver, $400

Area students named to Cuyamaca College Fall 1988 Dean's List

Cuyamaca College recently announced the names of 35 students who qualified for the Fall 1988 Dean's List. To make the list, students must achieve a 3.5 grade point average (equal to half A's and half B's) while carrying 12 or more units of classes.

Of the 35 students honored, 12 were from El Cajon, 9 from Spring Valley, 5 from Jamul, 4 from La Mesa, and 6 from elsewhere.

The Spring Valley students are: Peter Lyn Blanchard, David Bill Carmichael, John Botulensky, Lawrence Patrick Doll, David Philip Ellingson, Kevin Michael Futch, Robert Paul James, Peddy Gentry Myers, Katty S. Rodriguez; Jamul winners are : Denise Ann Culp, Pamerla Jean Demo, Michael Edward Fleming, Dianna Lee Mulder, Richard James Slattery; and La Mesans honored were : Geoffrey Brent Ellis, Kim Ripley Hartt, Ron M. Lane, Kathi Michelle Smothers..

Birth announcements

2/14/89
Thomas Randall Hardy, Jr.
6 pounds, 13 ounces
Mary Beth & Thomas Hardy
St. Francis Hospital
Evanston, Illinois
(Grandnephew of Pete Kaufman)

Complete Small Engine Repair Service
Tune Ups ★ Repair ★ Overhauls
IVAN'S LAWNMOWER REPAIR
433-G Sweetwater Rd., Spring Valley
267-5660

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Pete Kaufman	Publisher
Max Goodwin	Editor Emeritus
Karen O'Rourke	Assistant to the Publisher
Robert Teel	Advertising Rep.

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope. All materials must be received by the Monday preceeding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertisers's order. Only publication of an advertisement shall constitue final acceptance. Address all correspondence to: Forum Publications, Inc., 7834 Lester Avenue, Lemon Grove, CA 92045

Lemon Grove Fire Log

2/11/89

4200 blk Parks. L.M. Ringing alarms.
2300 blk El Prado. Male, back pain.

2/12/89

1900 blk Ensenada. Male, face lacerations from fall.
Wite & Murry Hill, L.M.. Hydrant shutdown.
Hwy 94 & Mass. Vehicle accident. Hazard check and victim assist.
8100 blk Broadway. Female, nausea and headache.
1800 blk Charles, L.M. Male, difficulty breathing.
7200 blk Central. Female, assault victim.

2/13/89

Hwy 94 & College. Vehicle accident. Rollover.
2000 blk Skyline. Female difficulty breathing.
4500 blk 73rd St. , L.M. Male, weakness, blood in stool.
1600 blk Dupont. Male, chest pain.
3200 blk Kempf. Male, possible overdose.
3200 blk Kempf. Male, unresponsive.

2/14/89

7000 blk Mt. Vernon. Female, unconscious, diabetes patient.
San Pasqual & El Prado. Auto vs. tree. Victim assist.
8100 blk Lemon Grove Way. Male, vomiting.
7300 blk Broadway. Female, leg cut with glass.
8100 blk Broadway. Female, choked on food.
9200 blk Harness, S.V. Vehicle fire.
7900 blk Broadway. Public assist. Vehicle lockout, motor running.

2/14/89 (con't)

1400 blk Kauber, S.D. Vehicle fire.
Hwy 94 & Spring. Male, chest pains while driving.
2000 blk Skyline. Female, difficulty breathing.

2/15/89

3900 blk Violet, L.M. Male, general weakness.
2400 blk Skyline. Male, difficulty breathing.
2400 blk Skyline. Male, victim claimed unusual feeling.
6900 blk Federal. Vehicle vs. structure. Female, chest pains.
7100 blk Central. Female, history of congestive heart failure.
7100 blk Westview. Male, seizure.

2/16/89

8600 blk La Mar, S.V. Ringing alarms.
7600 blk Pacific. Female, diabetic, unresponsive, combative.
200 blk Winewood, S.D. Smoke check. Dryer vent.

Baskin-Robbins changes hands

Glen Hutchinson has the scoop on Baskin-Robbins 31 Flavors Ice Cream in Lemon Grove. He recently purchased the franchise operation from the former "Mr. Two Scoops", Steve Aldrich.

Aldrich, a prominent mover and shaker in the community, plans to continue his activities as he takes on a new role at Marianne's Beauty Supply & Gifts, owned by his wife, Erica Aldrich.

The Aldriches intend to implement a number of plans, including increased outside sales and marketing strategies, for which Erica has had limited time.

Hutchinson is experienced as a retail merchant, having initiated and operated the seven store chain of Original 60-Minute Photo (now Fox Photo) for the past nine years.

"I'm looking forward to working with the schools and offering tours of the store. Steve's done a terrific job here, and I'm challenged to find new ideas," said Hutchinson, adding that he is excited to be a part of Lemon Grove, and anxious to become acquainted.

"This is a fun, family-oriented business. People are happy when they walk in, whether they're here for a cone or for a cake."

Hutchinson has retained most of the staff, and said that Kelly Stammerjohn will remain as store manager. "She knows the people, the business, and is a great asset."

He reported that Valentine's Day sales increased this year, over last year's sales, and he is especially looking forward to introducing Baskin-Robbins low-fat frozen yogurt in late April.

"Many people aren't aware that we also offer ices and sorbets which contain no dairy products, as well as the low-fat, low-calorie line of Low, Lite, & Luscious," Hutchinson pointed out.

His eventual goal is to purchase and additional three or four Baskin-Robbins franchises. For the moment, however, he is concentrating on fine-tuning his operation and learning about his community.

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Hallmark Cards Office Supplies
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469-4386

DEAN'S PHOTO

Grand Re-Opening

Starts February 23,1989

50 Minute Color Print Film Processing Now Available On Site!

$20.00 Off Promatic Snap 35 or any full-frame 35mm camera. Get great photos with a new 35mm camera.

Promatic Snap 35 Reg. $39.95

$20.00 Off!

With coupon and trade-in camera (any 110, 126, or Disc camera). Available at Lemon Grove store only and limited to cameras on hand.

Expires 3-15-89

DEAN'S PHOTO

The first 100 customers to the Lemon Grove DEAN'S PHOTO will receive a free roll of Fuji color print film ISO 100, choice of 35mm, 110 or Disc.

During the Grand Re-Opening DEAN'S PHOTO Lemon Grove will give $20.00 credit toward the purchase of a new full frame 35mm camera when you trade in any 110, 126 or Disc camera.

QUALITY WATCH

DEAN'S PHOTO
7475 Broadway
Lemon Grove, CA 92045
619-460-7675

Commentary

by Max Goodwin

There appears little that can be done to reduce the graffiti plague that innocent property owners now suffer.

In Lemon Grove, where it is no better--nor worse--than any other southern California cities, it requires a person to work 40 hours a week to cover over the symbols that supposedly indicates the "turf" of various gangs.

Some of the shooting that leave youngsters dead as they near manhood, are stupid evidence that street gang macho is being served among themselves.

Lemon Grove City has hired Ron Shimamoto to track down the sprayed-on symbols.

The City will assign him to residential graffiti coverup, if the residents request it. The same is true with "silly" art on business buildings. The rest of Shimamoto's time is covering over graffiti on public facilities.

Graffiti "artists" are made up of groups of blacks, Hispanics, white and other mixes. Recently the "new wave" of whites encouraged by Skinheads, are beginning to make their presence known locally with anti-semitic phrases and swastikas.

Most reprehensible are the youths who are from first-generation American families. These families came here to shake loose from impoverishment and lacked freedom to become American citizens with all of the benefits they wanted.

It seems to us that these first-generation youths should not only refrain from damaging the property of their American hosts, but they would lead a drive to stop the foolishness.

They should be taking up the chore of stopping spray-painting and using the energy to help convince their peers that no one profits from the practice. Such effort would bring them a level of respect that long-time citizens want to give to all deserving youths.

But as long as graffiti exists, a degree of contempt will be felt for the perpetrators.

From Where I Sit

by Frank Andrews

If procrastinating is putting off buying gifts until the last minute, then I'm guilty. I do it at Christmas time so Valentine's Day is no different. I guess I'll never learn.

Roses are scarce this year because of the cold weather so the price is about $60 per dozen. That puts them up in the price range of diamonds and some candy.

My little Valentine has acquired few bad habits but Pecan Turtles are one of her worst vices. So to beat the mob I got over to the candy store about 9:30 a.m. on the "Day of the Hearts."

I joined the first customer in line, a nice young man, so I was second. We both sat on the brick planter waiting for the store to open at 10:00 a.m. It was kinda chilly anyway and sitting for half an hour on cold brick doesn't bring out the best in a person.

A couple of minutes before the hour, I walked up to the left door. "Boy! I got it made, the first one at the door." But to my "horror" the clerk opened the right-hand door and about fifty anxious, wealthy candy lovers pushed in. The high waiting number that I got from the machine, together with the slow service from a lone clerk meant I could be there until Easter.

There was no line at the jewelry shop or the flower shop. Maybe I had made the wrong choice this Valentine's Day. I love my dear wife so much that I will sweat out the long wait for the custom-packed box of Turtles. What's wrong with jelly beans from the drug store? Ronnie loved them.

To my surprise and joy, the young man I had befriended on the cold, brick planter, motioned me up to his spot in line. He said, "Tell me what you want and I'll get it for you, as I'm next."

What a nice guy! I handed him $8 and ordered a pound of Pecan Turtles. The fellow next to us ordered five pounds of Turtles - he must have taken out a second mortgage on his house.

The nice young man gave the over-worked clerk his order which included mine. The young lady put my pound of Turtles in the young man's heart-shaped box. I quipped, "If she doesn't put my candy in a separate box, I'll have to go home with you."

After thanking God for the very nice young man and his help, I headed home to my "Sweet Valentine."

It only proves that it's not too late to stop my procrastinating.

Take Five

by John E. Wirges

Big League pitchers tend to be stars of the show, but it's the blue collar catchers, with an eye toward honest reality, who provide order and a sense of proportion to the production.

It came down that way during the Celebrity ProAm of the Shearson Lehman Hutton Open at Torrey Pines last week.

Bruce Hurst, the fire-balling left-hander recently liberated from the Boston Red Sox, was making his first public appearance at a sporting' event since he signed on with the San Diego Padres.

John Shean, the Padres" man-about-the-marketplace, served as the trail-blazer in Bruce's bunch, an assignment well considered since the big left-hander plays golf right-handed.

Hitting was the big question posed to Hurst while he waited his turn to tee off.

"I can't hit," he admitted. "I haven't hit in 13 years. Not since high school. I guess I'd better learn how to bunt. Maybe I'll get to stay in a game longer if I can learn to help myself at the plate."

Hurst grinned as he lamented his hitting woes, but he wasn't laughing.

Steve Garvey was in the group waiting to tee off behind Hurst's bunch. Figuring there is no time like the present to get down to some serious baseball work, Garvey was pressed into service as a batting instructor for some willing photographers.

Using a driver as a bat and a golf ball for it's bigger brother, Garvey assumed the bunting stance. For the record, he missed the ball. Hurst was ungracious enough to laugh out loud.

Garvey tried it again with better success. Then he offered the "bat" to Hurst and the pair mugged a few bunting swats for the photo folks.

Off the tee, Hurst laced a professional distance drive that earned cries of delight. He proved to be a big hitter. With power. And right-handed, too. Could he be the second coming of "The Natural?"

Hurst himself settled the issue. "The golf ball," he observed, "doesn't move."

As fate would have it, Johnny Bench, the newest member of baseball's Hall of Fame, was two groups behind Garvey off the tee. He missed the Garvey bunting class, but he was quickly brought up to speed on the event.

In the direct way of a blue-collar star, Bench put his finger on the folly of the exercise.

"When did Garvey ever bunt?" he asked. When indeed.

The only Garvey bunt that comes to mind, came when Steve was still a Dodger. He dropped a well-placed dribbler down the third base line that broke up Padre Bob Owchinko's perfect game back in the mid-70's.

Garvey went to second on a sacrifice and scored on Yeager's single to give the Dodgers a 1-0 win.

Actually Garvey was a fine bunter, it's just that he wasn't asked to lay one down very often.

But Hurst will be asked to do the deed over and over again and even if he uses a golf club to get the job done, any progress will be greatly appreciated.

Hurst is on his own at the plate, at least until late fall.

How to keep the weight off

by Betsy Horton
Wellness Center Coordinator
Grossmont Hospital

Every year, an estimated 50% of Americans begin new diets with the hope that this year they'll be successful. But every year, less than 5% of the people who enter conventional diet programs succeed in reaching goal weight. Even more discouraging is the fact that 90% of dieters who do manage to lose weight put it all back on within a year. The cycle of yo-yo dieting is discouraging and can seem a hopeless one to break.

After working in the field of weight management for many years and being 35 pounds heavier, I know it is possible to put a stop to the weight roller coaster. However, the approach many dieters take, looking for a new, magic answer or an effortless cure, is not the solution. The lasting answer is neither magic nor a quick fix. It requires making the basic and long-term changes in your lifestyle: reducing the amount of fat in your diet and increasing your level of physical activity.

Unfortunately, most Americans know startlingly little about calories, fats, and general nutrition. The reason: most diets don't teach you how to keep off the weight you lose. So, in the interest of a more educated American public, I will offer the following diet tips and calorie surprises:

TIP #1: Eat MORE and lose weight by reducing the percentage of fat in your diet and increasing complex carbohydrates (fruits, vegetables, cereals, grains). Fats, at 9 calories a gram, contain more than twice the calories of protein and carbohydrates, at 4 calories a gram. You can eat a six-ounce baked potato, a one ounce dinner roll, 1 cup of pasta, and 1 cup of rice for fewer total calories (620) than you get in 1 cup of peanuts (840 calories).

SURPRISE: Seeds and nuts, which many people think of as protein, are extremely high fat foods at 650 to 925 calories per cup!

TIP #2: Beware of "diet plates" at restaurants. They're not always low in calories. For example, a typical "luncheon diet plate" contains a 4-ounce hamburger (300 calories), 1/2 cup cottage cheese (120 calories), tomato slices (12 calories), and half a cling peach (80 calories), totaling 512 calories. A turkey sandwich, on the other hand, containing 3 ounces of sliced white meat (120 calories) on whole wheat bread (140 calories) with lettuce, tomato, and dijon mustard (40 calories) is more filling and has far fewer calories.

SURPRISE: Mustard and ketchup are 15 calories per tablespoon. Mayonnaise and butter are 100 calories per tablespoon.

TIP #3: Salads often contain hundreds of "hidden" calories. The reason: many condiments, such as mayonnaise and salad dressing represent "hidden" fats and calories that people often don't even count. Two examples: water-packed tuna (35 calories per ounce) is okay, but start adding mayonnaise at 100 calories per level tablespoon and a serving of tuna can add up to more than 500 calories! And a 3-cup salad (60 calories) can weigh in at 300 to 400 calories with 4 tablespoons of dressing.

SURPRISE: Hot fudge (60 calories per tablespoon) has fewer calories than salad dressing (65 to 85 calories per tablespoon).

TIP #4: Plain donuts contain more calories than jelly donuts. In general, fat content, not sugar, increases the calories for baked goods. All donuts are high in fat because they're fried. But a jelly-filled donut (more sugar) is 115 calories an ounce compared with a plain donut (more fat and deep fried longer) at 125 calories an ounce. Another example: fudge (mostly sugar) has 115 calories per ounce compared with a piece of milk chocolate at 150 calories per ounce or potato chips (deep fat fried) at 150 calories per ounce.

SURPRISE: Jam or jelly (50 calories per tablespoon) on toast has half the calories of butter or margarine (100 calories per tablespoon)!

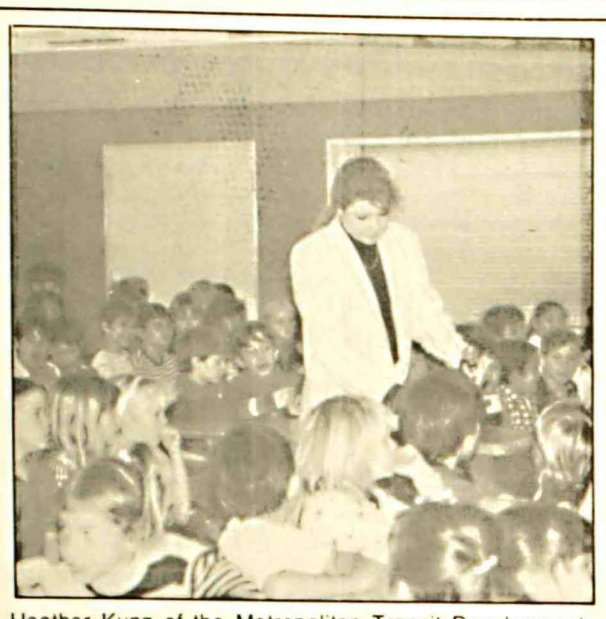
TIP #5: It's easier to pass up the chips at the grocery store when you're shopping than it is to fight the urge to eat them once they're in the house. Establish a supportive food environment for yourself by replacing troublesome high fat, high calorie foods, such as chips with lower fat alternatives, like popcorn.

TIP #6: Build some physical activity into your day. Just walking ten minutes out and back from your home or office, twice a day, will result in a 31 pound weight loss for a 165 pound person if you do it every day for a year. Other suggestions: park your car at the farthest end of the lot; and use the stairs at work.

SURPRISE: For the average person, walking and jogging a mile expends the same number of calories.

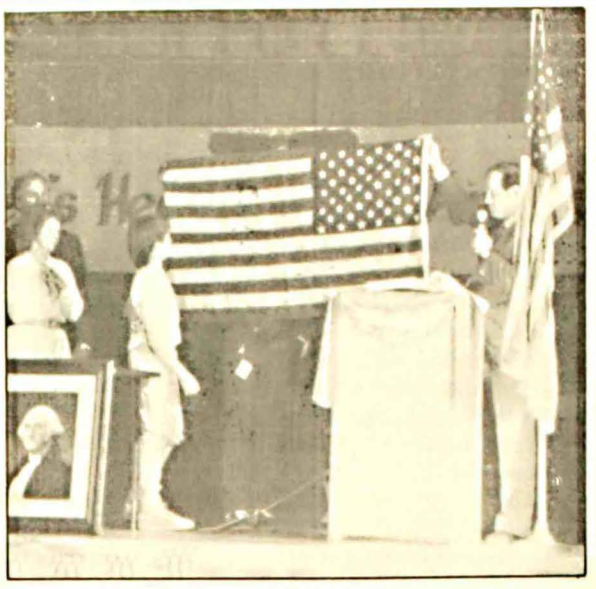
Simple lifestyle changes can mean the difference between struggling with your weight, and losing weight or maintaining a lower weight. Start with the easy changes first. Reduce the amount of fat in your diet by eliminating the high fat foods you miss the least. Increase your level of physical activity by making whatever activity you choose part of your daily routine. Simple, double lifestyle changes are easier than you think and can have tremendous impact on your weight and your health.

Betsy Horton, R.D., M.P.H., is the Coordinator of the Wellness Center at Grossmont Hospital. The Wellness Center specializes in the treatment of obesity and risk factor management. They offer several approaches to successful weight management including: the HMR Fasting Program, a medically supervised supplemented fasting program, New Weigh, a lifestyle approach to weight management, the Healthy Gourmet Cooking School, and the Mall Walkers program. Call 466-5877 for more information.



Heather Kunz of the Metropolitan Transit Development Board teaches Golden Avenue students trolley safety.

Dan Perry and daughters, Jessica and Melissa, attending Family Math night.



Congressmen Jim Bates presenting flag and distinguished service award to Monterey Heights school during assembly.

Puppets inform students

The auditorium was so hushed, you might have heard a pin drop while two hundred fifteen Mt. Vernon elementary students viewed a puppet program last week. A program with a message, about special kids with special differences, aimed at changing the attitudes and feelings we may all share toward those who are physically and mentally handicapped.

Produced by the Junior League of San Diego, Inc., in cooperation with the Easter Seal and Epilepsy Societies, "The Kids on the Block" explores a variety of topics including deafness, blindness, and mental retardation, as well as child abuse and cultural differences.

"Our disabled puppets explain their limitations, but with an emphasis on similarities to able-bodied kids," said Mary Waldman, program director.

Puppet Mark, confined to a wheelchair by cerebral palsy, explains to puppet Melody, who is able-bodied, that he plays baseball with a tennis racket and performs "wheelies" in his "cruiser".

Mark's able-bodied puppet twin, Michael, worries about the division of parental attention.

"They're my parents, too, and sometimes I wish I was the special kid," Michael stated.

He later recanted his statement and turned to his audience for suggested solutions to his problem.

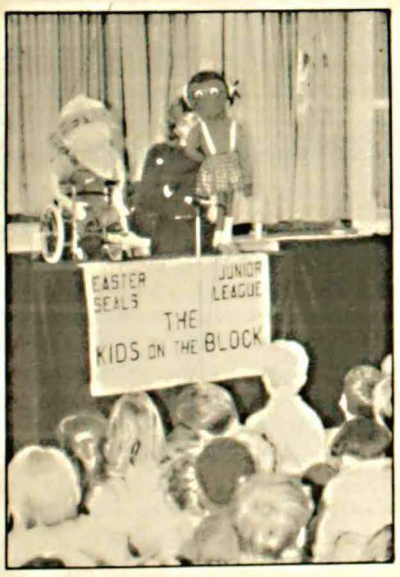
"Sit down with your parents and talk with them," said one fourth-grade student.

"Ask your Mom to schedule more time alone with you," suggested a fifth-grader.

Another puppet, Mandy, is deaf, but reads lips and demonstrates sign language.

"Please don't shout at me, just look at me when you speak," Mandy requested.

Ample time is given for questions from the audience, and puppeteers Kim Rau, Ann Palmer, and Janet Leuthola, along with Waldman, offer frank and friendly responses. According to Waldman, "The Kids on the Block" is a worldwide program, operating in forty-nine states and fifteen countries.



"The Junior League of San Diego/Easter Seals has presented the forty-five minute program to schools, service organizations, and various other groups since the spring of 1985, and we will perform to audiences totalling more than twenty-five thousand people this season, which is November through May," explained Waldman.

"Our variety of brief programs, with fourteen topic puppets and a staff of twenty-two, is able to impart a lot of information. Each school or group determines which of our presentations would be most appropriate."

"Write letters to our puppet kids, and they'll answer your letters," the puppeteers urged their audience.

Walk for Mankind fund `raiser scheduled

San Altos Elementary School students will have an opportunity to "Walk for Mankind," a fund-raising effort that benefits Project Concern International, which battles disease and starvation. Spokesman for the benefit, Robert Anderson, said the 20K (12 1/2 mile) walkathon will take place Saturday, March 4, at the El Cajon High School in El Cajon.

Bates and Kunz visit Lemon Grove schools

Students at Golden Avenue Elementary School were instructed Friday on trolley safety, by Heather Kunz of the Metropolitan Transit Development Board.

The trolley service is expected to begin in Lemon Grove May 13, during the annual Old Time Days celebration, and Kunz will visit all of the schools within the service area prior to that date.

The program included a slide presentation cautioning children not to play on the trolley tracks and how to cross the tracks safely, as well as passenger safety.

Lemon Grove resident Dan Perry and his daughters were three of more than 80 people who attended the second annual Family Math night at Monterey Heights Elementary School. Melissa, 5, and Jessica, 7, and their father, enjoyed learning games and activities which are designed to promote continued math education at home. The event was directed by Jane Ligon, a second grade mentor teacher, and Jeannie Blanco.

Congressman Jim Bates was the guest of honor at Monterey Heights Elementary School last week, during a kick-off assembly for American National History week. Following a brief second-grade percussion instrumental presentation and a fifth-grade choral performance, Bates presented the school with an American flag which has flown over the Nation's Capitol, and a Congressional distinguished service award.

The award is given to individuals and organizations who have made significant contributions to the community.

Monterey Heights was chosen by the Congressman in recognition for high standardized test scores, strong community support, and for its model programs such as the multi-cultural fairs and Dr. King peace awards, which promote understanding and cooperation.

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SUN 10 AM - 5 PM

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Renaissance Festival Big Success

This year, Pack 399 of Lemon Grove celebrated Boy Scouting's Birthday with a "Renaissance Festival" on February 4. Knights (Cubs) attending were accompanied by Lords & Ladies, with Royalty as guests for this gala evening. A new approach was taken this year for the potluck feast, as the "Roundtable" of each Den was responsible for their own menu. Some dens followed a theme for the menu, but all had plenty, as well as the special guests of honor at host tables. A large double-sheet cake decorated for the celebration of the Boy Scouts of America Birthday was shared for dessert.

Also new this year, each den had a theme-related skit, song, or idea to share with everyone. Every family had a performer to watch, and costumes were popular, thus helping set the theme. Cubmaster, Carol McCarthy, set the tone of the meeting as Saint George, the Patron Saint of all Scouts.

The awards of rank were celebrated with each recipient being knighted "Sir Bobcat," Sir Wolf," etc., with the "Opening Festival Ceremony" done in a patriotic fashion, the "Closing Festival Ceremony" was on a different note with house lights dimmed for "The Sword, the Shield, and the Lance" ceremony.

Dinner was followed by skits, advancements, and a host of leader recognitions. Cub Scout Pack 399 is a large pack of nearly sixty boys sponsored by the Kiwana's Club of Lemon Grove in it's 35th year. They have earned recognition for several years as a "Quality Unit," active in service to the Lemon Grove community.

In The Service

News of our armed forces personnel and their families

Pvt. Christoper I. Rhodes, son of John M. and Virginia Rhodes of Spring Valley has completed an Army motor transport course at Fort Dix, N.J. He is a 1985 graduate of Serra High School, San Diego.

Pvt. 1st Class Dean S. McAtee, son of Liza S. McAtee of San Diego, and Robert D. McAtee of Lemon Grove, has completed the UH-1 helicopter repair course at the U.S. Army Aviation School, Fort Rucker, Ala. He is a 1988 graduate of Morse High School, San Diego.

Pvt. Matthew A. Trammell, son of Calvin A. Trammell of Spring Valley, has completed a motor transport operator course at the U.S. Training Center, Fort Leonard Wood, Mo. He is a 1985 graduate of Monte Vista High School, Spring Valley.

Air Force Sgt. Betty M. Wilson has been named noncommissioned officer of the year. The selection was based on the individual's exemplary duty performance, job knowledge, leadership qualities, significant self-improvement, and other accomplishments. She is a 1978 graduate of Waipahu High School, Hawaii. Her husband, Les, is the son of Jennie Wilson of Spring Valley.

Spec. Willard Johnson, son of Willard G. Johnson of Fitzgerald, Ga., and Veronika M. Glenn of Spring Valley, has re-enlisted in the U.S. Army at Fort Bragg, N.C., for three years. Johnson is a medical specialist with the 325th Infantry Regiment, and is a 1982 graduate of Will C. Crawford High School, San Diego.

Bobby L. Jones, brother of Jackie Copp of Spring Valley, has been promoted in the U.S. Army to the rank of specialist. Jones is a chemical operations specialist at Fort Bragg, N.C., with the 21st Chemical Company. He is a 1986 graduate of Mount Miguel High School, Spring Valley.

Pvt. Michael J. Holmes, son of Dr. William C. Holmes of Fair Oaks, Calif., and Patti A. Kiecolt of Spring Valley, has graduated from the U.S. Army armor crewman courses at Fort Knox, Ky. He is a 1988 graduate of Del Campo High School, Fair Oaks.

Marine Lance Cpl. Kevin J. Harris, son of Gwendolyn L. Davis of Spring Valley, has been awarded a meritorious Mast while serving at Marine Corps Base, Camp Lejeune, N.C. A Meritorious Mast is an official recognition from a Marine's commanding officer for superior individual performance. A 1986 graduate of Monte Vista High School, he joined the Marine Corps in January, 1987.

This week's military news was furnished by the Fleet Home Town News Center, Norfolk, Virginia, and the Army and Air Force Hometown News Service, Kelly Air Force Base, Texas. We invite all of our readers to contribute military news for this column. We ask that you include your phone number for verification purposes, or we will be unable to publish your news item.

St. Phillip's to show "Twice Pardoned"

On Sunday, February 26 at 5 p.m., St. Philip the Apostle Church, Lemon Grove, will show the film "Twice Pardoned." Ex-con, Harold Morris, tells how alcohol, drugs, illicit sex, and wrong associations led to his imprisonment.

"Twice Pardoned," a recent release from Focus on the Family Films, has been enthusiastically endorsed by noted family psychologist and best-selling author, Dr. James Dobson.

A potluck will precede the film at 4 p.m. The nursery will be open during the movie. For additonal information call the church office at 466-8055.

Church hosting arts festival

The Festival of Art Exhibit will be held at the Foothills United Methodist Church of La Mesa March 5, 1989, through April 7, 1989. The festival is a non-theme juried exhibition, with awards totaling $1,000 to be announced at the opening. The jurors are Carl Provder and Edwin H. Wordell, both of whom are well-known local artists.

Heart to heart walk raises $14,000

On Saturday, February 11, more than 1,100 people walked in the Heart-to-Heart Fun Walk sponsored by the Grossmont Hospital Foundation. Thirty-six of those were open heart and cardiac rehabilitation patients. This year's walk raised $14,000 to benefit Grossmont Hospital programs.

Variety of programs offered by the Christian Church of Lemon Grove

The Christian Church of Lemon Grove offers three one-going weekly programs in the church's fellowship hall at 6970 San Miguel Avenue in Lemon Grove. Childcare is provided and anyone interested is invited to attend.

Low-impact aerobics, taught by Sharron Wilson, a certified instructor. Monday evenings at 7 p.m.

Singles Fellowship, with a particular focus on the single parent, includes Bible study and social activities. Friday evenings at 7 p.m.

Life Support Ministry provides a 12-step assistance program, a support group, and referral service for anyone with a difficult personal problem which may include depression, alcoholism, and the trauma of divorce. Thursday evenings.

Local auto show to benefit Cystic Fibrosis Foundation

On Wednesday, March 1 through Sunday, March 5, 1989, one of San Diego's largest auto shows will take place at the San Diego Convention & Performing Arts Center...The San Diego International Auto Show. As a co-sponsor of the show, the Motor Car Dealer's Association of San Diego county has chosen the Cystic Fibrosis Foundation to be the designated chairity. The foundation encourages the public to attend this exciting, family-oriented event.

More than 250 cards, vans, and light trucks will be featured. Thirty major domestic and import car manufacturers will be represented. Don't miss this opportunity to see all the new cars and help the Cystic Fibrosis Foundation.

The Cystic Fibrosis Foundation will also be representated at the auto show with the "Cystic Fibrosis Car/Cash Drawing for a 1989 BMW convertible or $25,000. All drawing donations benefit CF research, and the winner will be drawn in June.

Knights aid ARC

Mr. John Morris, Grand Knight, Knights of Columbus Council #1349, recently presented Dr. Richard Farmer, Executive Director, Association for Retarded Citizens-San Diego with a check in the amount of $850.00.

The check is part of the proceeds from the Tootsie Roll Drive, a state-wide fund raiser conducted by the Knights of Columbus to benefit persons with developmental disabilities. The Knights of Columbus are expected to donate approximately 20 more checks in amounts ranging from $150.00 to $700.00.

Your group could earn big dollars by selling subscriptions to this newspaper. Call 469-0101 for more information.

Worship Directory

LEMON GROVE LUTHERAN CHURCH
Corner Skyline & Alton Drive
Edward J. Volkmann, Pastor
Telephone: 465-7301
Worship 9:00 a.m. Sunday School 10:15 a.m.

Attend This Church of Another Good Church
TRINITY BAPTIST CHURCH
8487 Paradise Valley Rd., Spring Valley
GEORGE W. PANNEL, PASTOR
Telephone: 479-0378

THE POTTER'S HOUSE CHRISTIAN FELLOWSHOP
123 Worthington Street, Spring Valley
Alpheus Fisher, Pastor 479-1460
Sunday Worhip: 11 a.m., 6:30 p.m.
Sunday School: 10 a.m. Sun., 7:30 p.m. Wed.

Vista La Mesa Christian Church
4210 Massachusetts Avenue, La Mesa, CA 92041
Donald E. Dewey, Pastor • 463-9909
Sunday School for All Ages 9:00 a.m.
Sunday Worship Service 10:30 a.m.

ST. PHILIP'S EPISCOPAL CHURCH
Palm at Hardy Drive, Lemon Grove
The Rev. Charles L. Thebeau, M.D.I., Rector
Telephone: 466-8055
SERVICES: Sundays, 8 and 10:15 a.m.
Wednesdays, 10 a.m.
Church School and Nursery Care, Sunday, 9:15 a.m.

FIRST BAPTIST CHURCH OF LEMON GROVE
2910 Main Street P.O. Box 236
Jeff Lettow, Pastor Phone: 460-4811
Sunday Bible School 9:30 a.m.
Sunday Worship Services 10:50 a.m., 6:30 p.m.
Wednesday Bible Study and Prayer 6:30 p.m.

THE CHRISTIAN CHURCH
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Your church could be included in our new Worship Directory. Call 469-0101 for rates and other information. One inch, one and one-half inch, and two inch depths available

DINING & ENTERTAINMENT

Music festival participants excell

On January 28, the instrumental students of the Lemon Grove School Music Department performed during the Annual Solo and Ensemble Festival at Granite Hills High School.

The Ensembles performing brought home the following awards:

Flute Choir I, Superior
Sax Choir, Superior
Brass Choir, Superior
Percussion Ensemble, Superior
Flute Choir II, Excellent
Clarinet Choir, Excellent
String Ensemble, Excellent

Duet:

Flute by Carla Berry and Ranzie Raroque, Superior

Soloists:

Ryan Beard, Cello, Superior
Carla Berry, Flute, Superior
Ranzie Raroque, Flute, Superior
Jaimie Adams, Alto Sax, Superior
Phillip Willis, Tuba, Superior

Congratulations to every student who took part in the Festival. It was a proud performance by all, and showed the dedications of the Instrumental Music Department and Director.

Rec Department tripping to Yuma

Attention Padre Fans!! The Lemon Grove Recreation Department will take two trips to Yuma for the Padres Exhibition Season. The first game will be Saturday, March 4th vs the California Angels with a 1:00 pm starting time. The second game will be on Saturday, March 18th vs. the San Francisco Giants, also with a 1:00 pm starting time. Cost for each trip will be $25.00 per person which includes round trip transportation, admission to the game, complimentary refreshments, and a tour escort. The bus will depart Lemon Grove Recreation Center at 7:00 am and arrive home approximately 7:00 pm. Registration for the first trip ends March 1st; registration for the second trip is through March 14th. Plan to register early! These trips are very popular. As of press time we were told that the first trip is full. Call to verify.

Lichtenstein Sidewalk Circus

The office of Religious Affairs at the University of California, San Diego, is sponsoring an appearance by the Royal Lichtenstein Sidewalk Circus on Revelle Plaza at noon on Monday, February 27.

Known as "The World's Smallest Complete Circus," the show features tightrope acts, precision juggling, unicycles, a menagerie of trained exotic animals, including a miniature stallion, clowns, and mime fables with a moral.

The circus, under the direction of ringmaster Nick Weber, a Jesuit priest, has performed all over the country and received rave reviews.

"They deal with old morality play themes and try to bring about some sense of social consciousness," said Bob Wagener, Chairman of the Office of Religious Affairs at UCSD. "But, it's nothing heavy-handed. Just a lot of good fun."

The show is free!

Guitarist Fred Benedetti at ECPAC

Classical guitarist Fred Benedetti will be featured in a solo concert for the Grossmont Guitar Guild at the East County Performing Arts Center on Wednesday, March 8, 1989, at 7:30 p.m.

Mr. Benedetti has been the head of the guitar department at Grossmont College for three years and has performed throughout the Western United States and Europe. He has performed with the San Diego Symphony, The San Diego Opera, and has two albums that are nationally distributed. In 1986, he was chosen from an international audition to perform for and study with Maestro Andres Segovia.

The March 8th concert will include pieces by Vivaldi, Giuliani, J.S. Bach, Tarrega, Ponce, and others.

The admission is free.

Spring concert

Lemon Grove Instrumental Music Department's ANNUAL SPRING CONCERT is on March 8, 1989, at 7:30 p.m., at the Lemon Grove Middle School Auditorium. The students from both Orchestra and Band will be performing, as well as the beginning band. The public is welcome, and there is no admission charge.

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Pepperoni/Bell Peppers/Onions

Lasagna
Marinara Sauce $4.95
Mushroom $5.65
Meat Sauce $5.65
Meat Balls $5.95
Sausage $6.25

Ravioli
Mushroom Sauce $5.50
Meat Sauce $5.50
Meat Balls $5.95
Sausage $5.95

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Congratulations and best wishes to the "new" Lemon Grove Review and Spring Valley Bulletin.

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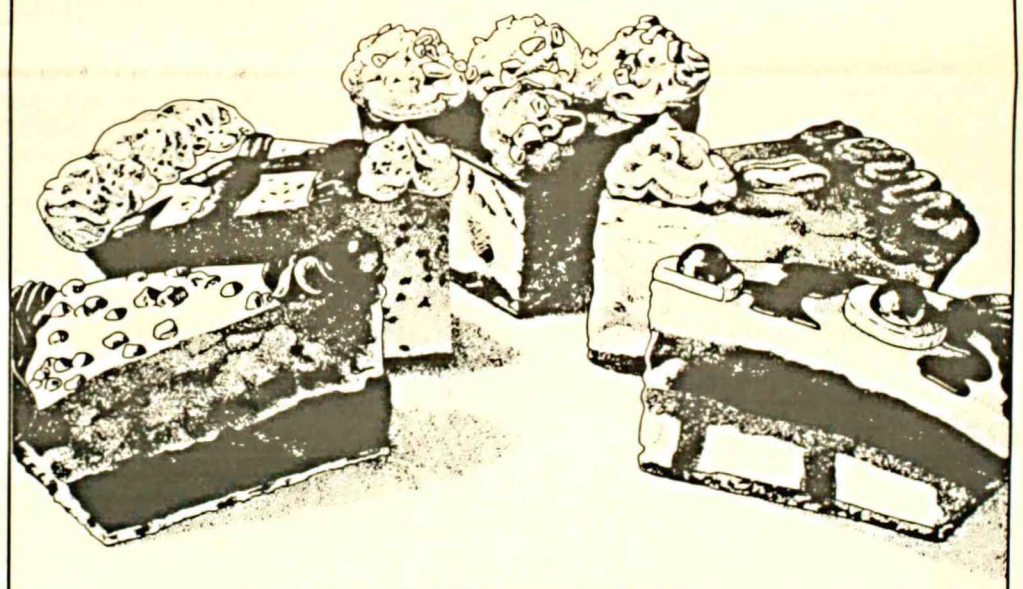

Ice cream pies are a year-round specialty at Baskin-Robbins. Everyday we feature Mud Pie, Turtle Pie, Grasshopper Pie, Black Bottom Pie, and Banana Split Pie. You can get them whole, by the slice or custom made, in any of our 31 ice cream flavors.

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Offer good at this location only
BASKIN 31 ROBBINS
7963 Broadway, Lemon Grove
466-9931

Business Briefs

John A. Price of La Mesa has joined **Dean's Photo Service** as Chief Financial Officer. Price also is currently president of the La Mesa Chamber of Commerce.

•

Effective the 27th, **R. Daniel Hernandez** joins **KGTV/Channel 10** as Community Affairs Director.

•

Cox Cable recently presented "Superstar Awards" to four supervisors: Converter Repair Supervisor **Steve Perrero** - Productivity Award; Construction Supervisor **Joel Godson** - Special Achievement Award; District Sales Supervisor **Bob Ekharul** - Employee Development Award; and District Sales Supervisor **Janice Cherlin** - Leadership Award.

•

On Tuesday, February 21, 1989, **Christy Schmith**, Manager of the Casa de Ora branch of **California First Bank** and **Vern Marston**, Manager of The Lemon Grove branch, unveiled their new **Union Bank** signs - the result of a merger.

•

"Business Briefs" is intended for acknowledging promotions, new hires, awards, ownership changes, and other success stories. We encourage you to call or send your information for publication in this column.

Bowling high scorers

We asked **Chip Gompf** of **Grove Bowling Center** to keep us abreast of the various local league activities. The highest games bowled in league action from January 11, 1989 through February 10, 1989.

VFW
Jerry Patterson-201
Mike Stark-203
Ollie Wilkinson-215
Joe Robles-211
Henry Isler-200
Al Ray-213
Herb Brown-223
Jim Stark-208

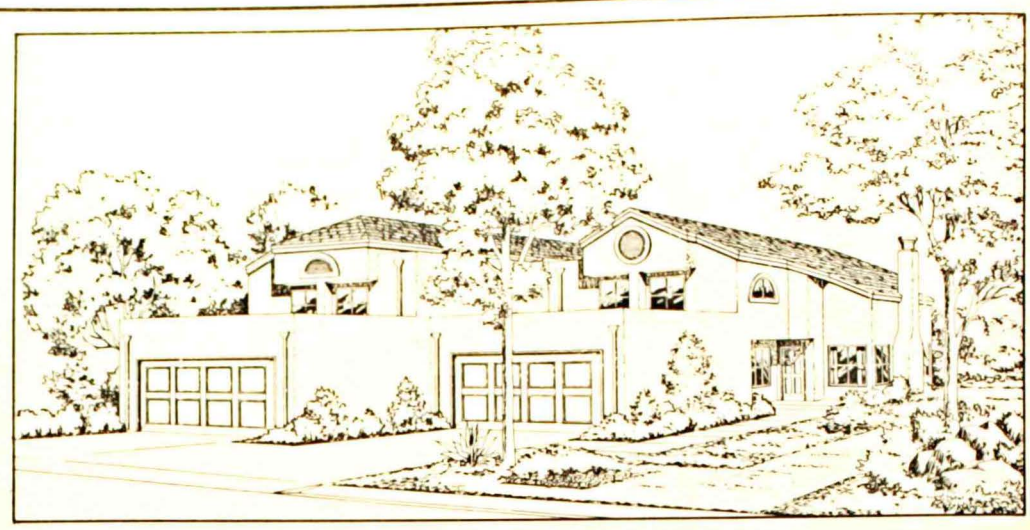
Skyline Wesleyan Church
Pete Cavalcante-214
Ron Evans-212-606 series

San Altos
Barb Schwertly-211
Elayne Weber-202

Funmakers
John Birchum-206
Brigitte Kucharski-201
Juan Slay-203
Bruce Terry-213
Charles Simpson-212
Stephen Martin-203
Vicki Szarek-215
Sal Lucas-224
Ginney Seagraves-215
Flint Dosh-234-611 series
Carol Winsworth-216-600 series
Gary Tischler-210
Sallie Stilley-220
Ruth Calvin-204
Bill Mcinnes-201
Dave June-222
Dick Gray-211
Joyce Barker-212
Tony Cruz-201
Annet Powell-203

Spinnerettes
Sonja Stearns-201

Koffee Klicks
Barb Schwertly-225-611 series
Arnette Scherl-200



New Villa St. Croix. . . upscale and affordable

The Lemon Grove real estate market has taken a swift upward swing; just ask a local real estate broker, or Gary McCabe, developer of the new Villa St. Croix community now under construction on Massachusetts Avenue, just south of Mt. Vernon Avenue.

The thirteen two-story, single-family homes each boast 4 bedrooms and 3 full baths, as well as a host of additional amenities; vaulted ceilings, fireplaces, stucco walls and privacy gates, entry courtyards, oak cabinets, microwaves, self-cleaning ovens, and garage door openers, just to name a few.

"By any standards, these homes are certainly not your 'conventional box'," said McCabe, who is president of St. Croix Investments, Inc.

"The unusual configuration of the project site required the unique design, and to that we've added upscale architectural flash," he noted.

The structures, 5 of which are detached and the other 8 units attached at one side, are canted upon their lots at interesting angles. Most of the homes are 1540 square feet, and the two larger units include a breakfast area.

"We'll use ceramic tile in the entries and kitchens, as well as on the fireplace facings and hearths. The bathrooms will feature cultured marble pullman tops," said McCabe.

McCabe is quick to point out that Villa St. Croix offers a ten year warranty in addition to the one year builders' warranty.

Offered to purchasers this week for the first time, the homes range in price from $164,500 to $169,500.

Think that's a bit steep for the east county market?

"Not so. Compared to the design and quality of other area developments, these homes are very reasonably priced," McCabe said, adding that they are FHA/VA approved and are expected to be completed in June.

"A very good position for the buyer who is 'moving up'. He will have time to sell his current home, which our staff can help him with, too," McCabe stated.

Villa St. Croix is served by San Miguel Elementary School, Palm Middle School, and Helix High School, a point that provides a real plus, as well as its proximity to Berry Street Park and easy freeway access.

The perimeter of the development is attractively walled, which not only provides privacy but also an effective sound barrier. The slopes, common open space and curb fronts of each residence will be landscaped, and maintained by the community's homeowner's association which requires a reasonable monthly fee from the home owners.

"The homeowner's association will preserve the integrity of the community," McCabe said, "in addition to protecting the buyers' investments."

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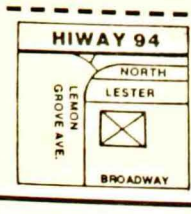

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469-2145

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Leone's Restaurant
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Lemon Grove
461-1698

Catering

Top Hat Catering
7810 Broadway
Lemon Grove
469-8889

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Dutch Cleaners
7870 Broadway
Lemon Grove
466-4146

Consulting

V-MAC
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466-6353

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EDCO Disposal
6670 Federal Blvd.
Lemon Grove
287-4250

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Marianne's Beauty Supply
7943 Broadway
Lemon Grove
463-3136

Lawn Mower Repairs

Ivan's Lawn Mower Repair
433 G Sweetwater Rd.
Spring Valley
267-5660

Motels

National Nine Inn
8429 Broadway
Lemon Grove
463-9353

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Lemon Grove
460-7675

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Lemon Grove
463-2006

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469-0101

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Lemon Grove
463-6601

Realtors

Eva Berry
Century 21/Pearce Realty
7779 Broadway
Lemon Grove
463-6625

Cookie Ringhand
Pro Consultants Partners
7863 La Mesa Blvd.
La Mesa
466-7993

Eivor Christopherson
Swedish Cowgirl Realty
3260 Main St.
Lemon Grove
697-8312

Restaurants

McDonald's
7164 Broadway
Lemon Grove
464-2044

Leone's Restaurant
7836 Broadway
Lemon Grove
461-1698

Lidija's Family Restaurant
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Lemon Grove
469-0444

House of Canton
8000 Broadway
Lemon Grove
469-4757

Heidi's Family Restaurant
8099 Broadway
Lemon Grove
698-6462

Stationers

Marder's Stationers
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Lemon Grove
469-4386

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Flick's Tax Service
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Lemon Grove
466-1631

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announcements

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automobiles

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Highway 94/Mass. Exit
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DODGE '87 Caravan. Has air, P.S., P.B., Finished in light cream. Shop & compare, priced way under market at $7,988. 100% financing on credit O.K.
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employment

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misc. for sale

WATERBED - king size. $250 or best offer. 463-3136 or 589-1320 evenings.

pets

FOR SALE: akc WIRE FOX TERRIER champion lines. 2 yrs old. Proven stud. Loving pet. $375 firm. 464-6624.

real estate

IMMACULATE 3 bedroom with covered patio and double garage. $110,000. 463-6623 (agent).

A VIEW to the mountains! Super 4 bedroom. Eat-in kitchen. $113,500 464-3871(agent).

ABSOLUTELY MINT! 3 Bedroom with hardwood floors, spas and gazebo. $125,000. 464-6623 (agent)

THIS IS YOUR CHANCE! $112,500. Great 3 bedroom home on corner lot. 464-3871. (agent)

OWNER ANXIOUS to sell. $99,500. Nice 3 bedroom, 2 fireplaces, large lot.464-3871. (agent)

ENCANTO - darling 1 bedroom home on fenced corner lot. In mint condition and comes with a 2-car garage. A steal at $70,000. 466-7993 (agent)

SPRING VALLEY: tippy top of Dictionary Hill. Large multi-level million dollar view. Quality, custom-built to last forever. $199,000. 466-7993 (agent)

SPRING VALLEY: 3-bedroom, 2 bath home on Spring Valley/La Mesa border. On 1/4 acre lot., has 3-car garage and a view, for only $159,000. 466-7993 (agent).

LAKESIDE: Cheap condo--why rent? 2 bedroom, 1 bath single-level condo in mint conditon. What else can you buy for $46,500. 466-7993 (agent).

for rent

HILLSIDE Terrace Apartments for rent. 1 bedroom $515, 2 bedroom 645. 3262 College Place. 698-2000.

COLLEGE AREA. 2-story townhome for rent. $725. 2 bedroom, 1 1/2 baths, 2 parking spaces, pool & spa! 1 mile to SDSU. 466-7993 (agent).

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PUBLIC NOTICES

NOTICE OF DEATH AND OF PETITION TO ADMINISTER ESTATE OF ELEANOR CLEMENCIA JORDAN

Case Number: 148523

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of:

ELEANOR CLEMENCIA JORDAN

A PETITION has been filed by SANDRA L. JORDAN in the Superior Court of California, County of San Diego, requesting that SANDRA L. JORDAN be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority allows the personal representative to take many actions without obtaining court approval. Before taking certain actions, however, the personal representative is required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to this petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on March 13, 1989 at 1:45 P.M. in Dept. F-5, located at 1551-55 Sixth Avenue, San Diego, CA 92101.

IF YOU OBJECT to the granting of the petition, you should either appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire prior to four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and appraisement of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:
Kenneth A. Barwick
Barwick & Knowlton
3434 Grove Street
Lemon Grove, CA 92045
KENNETH A. BARWICK
Attorney for Petitioner

Lemon Grove Review
Feb. 16, 23 & March 2, 1989

Loan No. 007609-1
NOTICE OF TRUSTEE'S SALE
T.S. NO. 601363
IMPORTANT NOTICE TO PROPERTY OWNER;

YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED NOVEMBER 21, 1984. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On MARCH 9, 1989. at 1:00 P.M. CAL-WESTERN RECONVEYANCE CORP., a California corporation as duly appointed trustee under and pursuant to Deed of Trust recorded December 4, 1984, as inst. No. 84-452621, in book page of Official Records in the office of the County Recorder of SAN DIEGO County, State of California, executed by THOMAS H. SCHNEIDER, AN UNMARRIED MAN, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE WILL BE HELD at the main entrance to Saico Building, 7863 La Mesa Blvd., La Mesa, California 92041 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as:

SCHEDULE A

3, The land referred to in the Report is situated in the State of California, County of San Diego and is described as follows:

That portion of Lot 28 of Sub-division No. 3 of Lot 12, EX MISSION RANCHO, in the City of Lemon Grove, County of San Diego, State of California, according to Licensed Surveyor's Map No. 5 on file in the Office of the County Recorder of said San Diego County, described as follows:

Beginning at the Northwest corner of said Lot 28; thence South 0°46' West along the West line of Lot 28, 110.88 feet; thence North 89°19' East parallel to the North line of Lot 28, 80.00 feet; thence North 0°46' East parallel to the West line of Lot 28, 110.88 feet to the North line of Lot 28; thence South 89°19' West along the North line of Lot 28, 80.00 feet to the POINT OF BEGINNING.

EXCEPTING THEREFROM the following portions thereof as conveyed to the County of San Diego by deed recorded May 21, 1961 as File No. 90581 of Official Records.

PARCEL 28-A:

That portion of Lot 28, Subdivision No. 3 in Tract 12 of EX MISSION RANCHO according to L. S. Map thereof No. 5, filed in the Office of the County Recorder of San Diego County, described in deed to Tate Logan Keith and Minnie E. Keith, husband and wife, recorded in Book 2916 Page 475 of Official Records, in the Office of the Recorder of said County lying Westerly of a line that is parallel with and distant 40 feet Easterly at right angles from the center line of the street (Massachusetts Avenue) adjoining said Lot on the West, as shown on said L. S. Map No. 5.

PARCEL 28-B:

The North 10 feet of said portion of Lot 28 so described in said deed to Keith.

EXCEPTING therefrom the West 20 feet thereof included in Parcel 28-A.

PARCEL 28-C:

That portion of Lot 28 so described in said deed, lying Easterly of the East line of the hereinbefore described Parcel 28-A, lying South of the South line of Parcel 28-B and lying Northwesterly of a 25 foot radius curve concave Southeasterly that is tangent both to said East line of Parcel 28-A and to the South line of said Parcel 28-B.

The street address and other common designation , if any, of the real property described above is purported to be:

3075 MASSACHUSETTS AVE.
LEMON GROVE, CA 92045

The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession , or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust to wit: $74,936.31 with interest thereon from 11/01/87 at 12.500% per annum as provided in said note(s) plus cost and any advances with interest.

ESTIMATED OPENING BID $91,055.13

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice for Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located.

Dated: February 01, 1989
CAL-WESTERN RECONVEYANCE CORPORATION
7863 La Mesa Blvd.,
2nd Floor
P.O. Box 9006
La Mesa, California 92044
(619) 466-9910
By: Ferne Hays

H41800 Lemon Grove Review
Feb. 16, 23 & March 2, 1989

NOTICE OF TRUSTEE'S SALE
T.S. NO. 102520/ACKEE
IMPORTANT NOTICE TO PROPERTY OWNER:

YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED APRIL 11, 1986. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On March 9, 1989, at 1:00 P.M. Cal-Western Reconveyance Corporation, a California corporation, as duly appointed trustee under and pursuant to Deed of Trust recorded May 22, 1986, as inst. no. 86-203781, of Official Records in the office of the County Recorders of San Diego County, State of California executed by Anthony L. Ackee and Marlene D. Ackee, Husband and Wife as joint tenants WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN BY A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE WILL BE HELD at the main entrance to the Saico Building, 7863 La Mesa Blvd., La Mesa, California 92041 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as:

Lot 9 of Block 16 of East San Diego Villa Heights, in the County of San Diego, State of California, according to Map thereof No. 1317 filed in the office of the County Recorder of San Diego County, February 21, 1911 A.P.N. 579-402-04.

The street address and other common designation, if any, of the real property described above is purported to be: 1311 La Mesa Ave., Spring Valley, CA 92077.

The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust to-wit: $116,195.00 with interest thereon from July 6, 1988 at 10.000% per annum as provided in said note(s) plus cost and any advances with interest.

ESTIMATED OPENING BID $126,612.59.

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located.

Dated: February 8, 1989
Cal-Western Reconveyance Corporation, 7863 La Mesa Blvd., 2nd Floor, P.O. Box 9006, La Mesa, California 92044 (619) 466-9910.
By: Joan McCool

H041880 Spring Valley Bulletin
Feb. 16, 23 & March 2, 1989

NOTICE OF TRUSTEE'S SALE
T.S. No. 102605/YOUNG
IMPORTANT NOTICE TO PROPERTY OWNER:

YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED OCTOBER 24, 1985. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On March 2, 1989, at 1:00 P.M. Cal-Western Reconveyance Corporation, a California corporation, as duly appointed trustee under and pursuant to Deed of Trust recorded July 3, 1986, as inst. no. 86-277057, of Official Records in the office of the County Recorder of San Diego County, State of California executed by Robert Moten Young and Carol Lois Young, husband and wife as joint tenants WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE WILL BE HELD at the main entrance to the Saico Building, 7863 La Mesa Blvd., La Mesa, California 92041 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as:

Lot 231 of SPRING VALLEY RANCHOS UNIT NO. 1, in the County of San Diego, State of California, according to the Map thereof No. 4325, filed in the Office of the County Recorder of said San Diego County, September 2, 1959. EXCEPTING THEREFROM ALL minerals, coals, oils, petroleum, gas and kindred substances under and in said land, but without right of entry of the surface thereof, but with the right however, to drill in, through or under said land or to explore, develop or take all minerals, coals, oils, petroleum, gas and other kindred substances in and from said land, all such operations to be conducted only below a depth of two hundred (200) feet below the surface thereof.

The street address and other common designation, if any, of the real property described above is purported to be: 8893 Jaylee Avenue, Spring Valley, CA 92077.

The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust to-wit: $9,981.46 with interest thereon from August 24, 1988 at TWELVE (12)% per annum as provided in said note(s) plus cost and any advances with interest. ESTIMATED OPENING BID $11,895.85.

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located.

Dated: January 30, 1989
Cal-Western Reconveyance Corporation, 7863 La Mesa Blvd., 2nd Floor, P.O. Box 9006, La Mesa, California 92044 (619) 466-9910
By Joan McCool

H-041732 Spring Valley Bulletin
Feb. 9, 16 & 23, 1989

NOTICE OF DEATH AND OF PETITION TO ADMINISTER ESTATE OF ELLEN MURPHY BLUE, also known as ELLEN M. BLUE, aka MRS. ROBERT BLUE

Case Number: 148403

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of:

ELLEN MURPHY BLUE, also known as ELLEN M. BLUE aka MRS. ROBERT BLUE

A PETITION has been filed by Jeanne McBride, Public Administrator in the Superior Court Of California, County Of San Diego, requesting that Jeanne McBride, Public Administrator be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority allows the personal representative to take many actions without obtaining court approval. Before taking certain actions, however, the personal representative is required to give notice to interested persons unless they have waived notice or consented to the proposed action. The independent administration authority will be granted unless an interested person files an objection to this petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on 3/13/89 at 1:45 p.m. in Dept. F5 located at 1501-55 Sixth Avenue, San Diego, CA 92101.

IF YOU OBJECT to the

PUBLIC NOTICES

granting of the petition, you should either appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire prior to four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and a appraisement of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special Notice form is available from the court clerk.

Petitioner:
Jeanne McBride,
Public Administrator
5201-A Ruffin Road
San Diego, CA 92123
JEANNE McBRIDE
Petitioner

LW 129659
Lemon Grove Review
Feb. 16, 23 & March 2, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 02362
The Name of the Business:
MARY ANN'S BEAUTY SALON
located at: 811 E. Main St. No. A in: El Cajon, CA 92020 is hereby registered by the following owner:
SHIKAB RAZA
1430 Petree St. No. 559
El Cajon, CA 92020
This business is conducted by:Individuals-Husband and Wife.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
SHIKAB RAZA
Shikab Raza
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Jan. 31, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Jan. 31, 1994.
Lemon Grove Review
Feb. 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 03425
The Name of the Business:
HAL'S SUPPLY
located at: 644 Aladdin Lane in: El Cajon, 92019 is hereby registered by the following owner:
HAROLD F. CLIFT
644 Aladdin Lane
El Cajon, CA 92019
This business is conducted by: an Individual.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
HAROLD F. CLIFT
Harold F. Clift
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Feb.10, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Feb. 10, 1994.
Lemon Grove Review
Feb. 16, 23, March 2 & 9, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 03231
The Name of the Business:
ALL OCCASION BASKETS
located at: 2610 CAMINITO ZOPILOTE in: SD, CA 92105 is hereby registered by the following owner:
DELORES THERESA BROWN
2610 Caminito Zopilote
SD, CA 92105
This business is conducted by: an Individual.
The registrant commenced the transaction of business on: 02/06/89.
Signature of Registrant:
DELORES THERESA BROWN
Delores Theresa Brown
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Feb. 9, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Feb. 9, 1994.
Lemon Grove Review
Feb. 16, 23, March 2 & 9, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 02704
The Name of the Business:
SPA CONNECTION OF BONITA
located at: 4140 Bonita Rd. in: Bonita, CA 92002 is hereby registered by the following owner:
GERALD M. O'MARA
1724 Summertime Dr.
El Cajon, 92021
This business is conducted by: an Individual.
The registrant commenced the transaction of business on: 2-2-89.
Signature of Registrant:
GERALD M. O'MARA
Gerald M. O'Mara
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Feb. 3, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Feb. 3, 1994.
Lemon Grove Review
Feb. 9, 16, 23 & March 2, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 02703
The Name of the Business:
SPA CONNECTION OF SAN DIEGO
located at: 6035 Mission Gorge Rd. in: San Diego, 92120 is hereby registered by the following owner:
LARRY HARBAUGH
1504 Lake
Cardiff-by-the-Sea, 92007
This business is conducted by: an Individual.
The registrant commenced the transaction of business on: 2-2-89
Signature of Registrant:
LARRY L. HARBAUGH
Larry L. Harbaugh
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Feb. 3, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Feb. 3, 1994.
Lemon Grove Review
Feb. 9, 16, 23 & March 2, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 02617
The Name of the Business:
BLIAN FINANCIAL COMPANY
located at: 101 West Broadway, Suite 1800 in: San Diego, 92101 is hereby registered by the following owners:
PAUL R. WASSENAAR
6125 Vista de la Mesa
La Jolla, CA 92037
JULIAN SMITH WASSENAAR
6125 Vista de la Mesa
La Jolla, CA 92037
WHITNEY BLAKE WASSENAAR
6125 Vista de la Mesa
La Jolla, CA 92037
This business is conducted by: Tenants in Common.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
PAUL R. WASSENAAR
Paul R. Wassenaar
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Jan. 31, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Feb. 2, 1994.
Lemon Grove Review
Feb. 9, 16, 23 & March 2, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 01885
The Name of the Business:
BENT PRODUCTIONS
located at: 7569 Ohio Pl. in: La Mesa, 92041 is hereby registered by the following owner:
VANCE F. BRESHEARS JR.
7560 Ohio Pl.
La Mesa, 92041
This business is conducted by: an Individual.
The registrant commenced the transaction of business on: Jan. 24, 1989.
Signature of Registrant:
VANCE F. BRESHEARS JR.
Vance F. Breshears Jr.
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Jan. 25, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Jan. 25, 1994.
Lemon Grove Review
Feb. 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 01887
The Name of the Business:
VILLA ROSE
located at: 4980 Northaven Avenue in: San Diego, 92110 is hereby registered by the following owner:
PAULINE LOUISE HANKEL
4980 Northaven Avenue
San Diego, 92110
This business is conducted by: an Individual.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
PAULINE LOUISE HANKEL
Pauline Louise Hankel
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Jan. 25, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Jan. 25, 1994.
Lemon Grove Review
Feb. 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File Nos. 89 02116-89-02121
The Names of the Businesses:
HELIX OFFICE BUILDING
MERCADO DE OCEANA
HELIX OCEANSIDE
located at: 8211 La Mesa Boulevard in: La Mesa, 92041-5280 is hereby registered by the following owner:
T.G. LAMBRON, INC.
8211 La Mesa Boulevard
La Mesa, California 92041-5280
This business is conducted by: a Corporation.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
THEODORE G. LAMBRON
Theodore G. Lambron
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Jan. 27, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Jan. 27, 1994.
Lemon Grove Review
Feb. 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File Nos. 89 02116-89-02121
The Names of the Businesses:
HELIX OCEANA
MERCADO DE OCEANA
SHOPPING CENTER
HELIX SCRIPPS
located at: 8211 La Mesa Boulevard in: La Mesa, 92041-5280 is hereby registered by the following owner:
T.G. LAMBRON, INC.
8211 La Mesa Boulevard
La Mesa, California 92041-5280
This business is conducted by: a Corporation.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
THEODORE G. LAMBRON
Theodore G. Lambron
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Jan. 27, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Jan. 27, 1994.
Lemon Grove Review
Feb. 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 00777
The Name of the Business:
COLLEGE ANIMAL HOSPITAL, INC.
located at: 5653 El Cajon Boulevard in: San Diego, 92115 is hereby registered by the following owner:
COLLEGE ANIMAL HOSPITAL, INC.
California
This business is conducted by: a Corporation.
The registrant commenced the transaction of business on: 7/2/74.
Signature of Registrant:
HOWARD R. GLAESNER, D.V.M.
Howard R. Glaesner, D.V.M. (President)
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Jan. 11, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Jan. 11, 1994.
Lemon Grove Review
Feb. 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 01801
The Name of the Business:
INLAND COMMUNICATION SYSTEMS
located at: 427 W. Douglas in: El Cajon, 92020 is hereby registered by the following owners:
ROBERT J. MAHY
9430 Hilmer Dr.
La Mesa, CA 92042
JOSEPH A. FRANCIS
673 S. Park Pl.
El Cajon, CA 92021
This business is conducted by: a Joint Venture.
The registrant commenced the transaction of business on: 25 Feb. '89.
Signature of Registrant:
ROBERT J. MAHY
Robert J. Mahy
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Jan. 25, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Jan. 25, 1994.
Lemon Grove Review
Feb. 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 01886
The Name of the Business:
SWEETWATER COIN LAUNDRY
located at: 8255 Broadway in: Lemon Grove, CA 92045 is hereby registered by the following owners:
WEIS ADEL
8255 Broadway
Lemon Grove, CA 92045
DAVID ADEL
8255 Broadway
Lemon Grove, CA 92045
This business is conducted by: a General Partnership.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
WEIS ADEL
Weis Adel, Partner
DAVID ADEL
David Adel, Partner
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Jan. 25, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Jan. 25, 1994.
Lemon Grove Review
Feb. 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 02361
The Name of the Business:
THE STONE COMPANY
located at: 6302 Federal Boulevard in: San Diego, 92114 is hereby registered by the following owner:
ROY A. STONE
345 Desert Shores Dr. No. 213
Desert Shores, 92274
GISELA E. STONE
345 Desert Shores Dr. No. 213
Desert Shores, 92274
This business is conducted by: a Individuals-Husband & Wife.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
ROY A. STONE
Roy A. Stone
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Jan. 31, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Jan. 31, 1994.
Lemon Grove Review
Feb. 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 03170
The Name of the Business:
CYSTIC FIBROSIS FOUNDATION THRIFT SHOP
located at: 6275 University Avenue in: San Diego, CA 92115 is hereby registered by the following owner:
CYSTIC FIBROSIS FOUNDATION, INC.
Delaware (1955)
This business is conducted by: a Corporation.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
CAROL V. K. LOCKWOOD
Carol V. K. Lockwood, Executive Director
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Feb. 8, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Feb. 8, 1994.
Lemon Grove Review
Feb. 16, 23, March 2 & 9, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 03376
The Name of the Business:
ROB'S CARPET CARE
located at: 10850 Jamacha Boulevard D4 in: Spring Valley, CA 92078 is hereby registered by the following owner:
ROBERT E. NICE
10850 Jamacha Boulevard D4
Spring Valley, CA 92078
This business is conducted by: an Individual.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
ROBERT E. NICE
Robert E. Nice
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Feb. 10, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Feb. 10, 1994.
Lemon Grove Review
Feb. 23, March 2, 9 & 16, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 89 04007-89 04008
The Names of the Businesses:
CHIRO NET
CHIROPRACTIC HEALTH NET
located at: 7808 El Cajon Boulevard Suite K in La Mesa, CA 92041 is hereby registered by the following owner:
LANCE L. CLOTHEY
5842 Lance St.
San Diego, CA 92120
This business is conducted by: an Individual.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
LANCE L. CLOTHEY, D.C.
Lance L. Clothey, D.C.
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on Feb. 17, 1989.
The filing of this statement does not of itself authorize the use in the state of a fictitious business name in violation of the rights of another under federal, state, or common law (see section 14400 et seq., Business and Professions Code). This fictitious business statement name expires five (5) years from the date it was filed in the office of the County Clerk. If you intend to continue business under this name a new fictitious business name statement must be filed prior to: Feb. 17, 1994.
Lemon Grove Review
Feb. 23, March 2, 9 & 16, 1989

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME
New Assigned Nos. 89 03426, 89 03427 and 89 03428
In reference to the partnership doing business as:
COMMUNITY ARTS ADVISORY COUNCIL/ COMMUNITY BALLET THEATER/ LEMON GROVE ART ASSOCIATION
located at: 2325 Cypress Avenue in: Lemon Grove, 92045 the following general partner has withdrawn:
LEMON GROVE ART ASSOCIATION
P.O. Box 94 (7912 Lester Ave.)
Lemon Grove, 92045
The fictitious business name referred to above was filed in San Diego County on September 23, 1986, and assigned File Nos. 86-19041/86-19043/86-19044.
Signature of Withdrawing Partner:
FRANCES A. ROTTET
Frances A. Rottet
President, Lemon Grove Art Assn.
This statement was filed with the County Clerk of San Diego County on Feb. 10, 1989.
Lemon Grove Review
Feb. 16, 23, March 2 & 9, 1989.

LIEN SALE
1984 Toyota PU Ca. plates 2K8-3266. Vin. no. JT4RN56D2E5014427
Reg. Owner:
Imperial Auto Wrecking
1001 B Heritage Rd.
San Diego, Ca 92073
To be sold on Mar. 10, 1989 at 7 a.m. at A to Z Towing Service, 123 35th St., San Diego, Ca 92102. Phone no. (619) 233-9373. Drew Ramsey.
Lemon Grove Review, Feb. 23, 1989

LIEN SALE
1983 Toyota PU CA plates 2G8-0709. Vin. no. JT4RN48S0D0072599
Reg. Owner:
Perry Scott Adams
209 Terrace Blvd.
Healdsburg, CA 95448
To be sold on Mar. 10, 1989 at 7 a.m. at A to Z Towing Service, 123 35th St., San Diego, Ca 92102. Phone no. (619) 233-9373. Drew Ramsey.
Lemon Grove Review, Feb. 23, 1989

LIEN SALE
1983 Ford VC CA plates 1SCD953 Vin no. 1FTDE04Y8DHA35377
Reg. Owner:
Joseph Lavender
7532 Woodridge Way
San Diego, CA 92114
To be sold on Mar. 10, 1989 at 7 a.m. at A to Z Towing Service, 123 35th St., San Diego, Ca 92102. Phone no. (619) 233-9373. Drew Ramsey.
Lemon Grove Review, Feb. 23, 1989

LIEN SALE
1987 Yamaha MC Vin. no. JYA2AY001HA002247
Reg. Owner:
John A. Callicutt
4123 1/2 Illinois St.
San Diego, CA 92104
Leg. Owner:
Mark Finance
400 W. 24th St.
National City, CA 92050
To be sold on Mar. 10, 1989 at 7 a.m. at A to Z Towing Service, 123 35th St., San Diego, Ca 92102. Phone no. (619) 233-9373. Drew Ramsey.
Lemon Grove Review, Feb. 23, 1989

LIEN SALE
1984 Chev SD CA plates 1KNS988 Vin. no. 1G1AC69P0EJ233854
Reg. Owner:
Calif. Laundry Linen Ind Supply
101 16th St.
San Diego, CA 92101
To be sold on Mar. 10, 1989 at 7 a.m. at A to Z Towing Service, 123 35th St., San Diego, Ca 92102. Phone no. (619) 233-9373. Drew Ramsey.
Lemon Grove Review, Feb. 23, 1989

LIEN SALE
1985 Hyund trailer NO plates
No known owner
To be sold on Mar. 10, 1989 at 7 a.m. at A to Z Towing Service, 123 35th St., San Diego, Ca 92102. Phone no. (619) 233-9373. Drew Ramsey.
Lemon Grove Review, Feb. 23, 1989

NOTICE OF MEETING OF THE BOARD OF DIRECTORS OF HELIX WATER DISTRICT TO CONSIDER INCREASE IN MISCELLANEOUS FEES AND CHARGES

NOTICE IS HEREBY GIVEN that the Board of Directors of Helix Water District will hold a public hearing at 2:00 P.M. on WEDNESDAY, MARCH 15, 1989, at 8111 University Avenue, La Mesa, California, at which time the Board will consider and may adopt increases in certain fees and charges of the District.

Data indicating the amount of costs, or estimated costs, required to provide the services for which the fees and charges are to be levied and the revenue sources anticipated to provide the services, including general fund reserves, are available for public review. Any person desiring to review this data should contact Joan M. Reynolds, Board Secretary, Helix Water District, 8111 University Avenue, La Mesa, California (465-0585).

Dated: February 16, 1989
JOAN M. REYNOLDS
Joan M. Reynolds, Secretary
Board of Directors
Helix Water District
Lemon Grove Review
Feb. 23 & March 2, 1989.

Fictitious Business Names
BY MAIL!

Now you can renew your Fictitious Business Name Statement (or file a new one) without interrupting your busy day. The *Lemon Grove Review* and the *Spring Valley Bulletin* will mail you the forms to complete at your convenience, and you can complete the process by returning the forms by mail or in person.

Call 469-0101 to have forms sent to you. Remember, you must renew your Fictitious Business Name every five years.

Senior News Briefs

Seniors are invited by the Lemon Grove Recreation Department to stroll on down to the Lemon Grove Community Center, 3146 School Lane for the next monthly Senior Dance. The Cost is only $1.25 per senior. On Sunday, March 5th, Lou Mercanti's "Crowd Pleaser" will perform between 2:00 p.m. and 5:00 p.m.

• • •

The Diabetes Care Center at Grossmont Hospital will begin a series of classes for diabetics and their families on Saturday, March 4. Classes will be held for three consecutive Saturdays from 8:30 a.m. until 12 noon.

Health professionals will discuss diet, exercise, blood glucose monitoring, and coping with diabetes on a daily basis. To register, please call 589-4433.

Senior Center framed

The Lemon Grove Senior Center is well on its way toward completion, and is expected to be open and operating in July, according to Lemon Grove City Manager, Jack Shelver.

Lois Heiserman, a city council member, has long been concerned with area seniors. She was instrumental in the founding of the Valley-Grove Nutritional Project in 1974.

"At long last! This has been one of my top priorities since 1980, when I was first elected to the city council. We will have a place to bring seniors together; Not only just for a noon meal, but to socialize, to dance, play cards and bingo, together," Heiserman said.

She is pleased that the community's senior citizen programs, currently operated in scattered locations, will be gathered to one site, adding that she feels the productivity and efficiency of the programs will be enhanced.

The cost of the completed project is estimated at $990,000 and is financed by a community Development Block Grant of $717,665, Senior Center Bond Act of $262,000, and 1986 Park Bond Act of $59,000, Shelver said, adding that the project did not require monies from the city's capital reserve fund.

The center, located on Mt. Vernon Avenue, at the north end of Lemon Grove Park, consists of three structures with a total floor area of 11,014 square feet.

The first and most visible building will house the administrative offices for the nutrition project, the reception area for the center, and ample space for Adult Day Health Care, a program implemented in 1983.

The second structure, termed the multi-purpose building, contains kitchen facilities, rest rooms, and a 2,736 square foot meeting room.

"This meeting room will be utilized for the nutrition project noon meal program, and will also be available for other uses in the evenings and on weekends, when it is not being used for senior citizens' activities," said Shelver.

Although the center's use is primarily intended for seniors, Shelver indicated that it may be made available to other groups and service organizations. The meeting room will seat more than 150 people, allowing room for a head banquet table.

The third building is a 730 square foot structure built in-the-round to provide architectural interest, and will serve as a drop-in social center, Shelver said.

"It is expected to contain a pool table, game tables, and comfortable chairs in which to just relax and socialize," he said.

In spite of construction delays due to rain, Shelver said that the project is still ahead of schedule.

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We invite you to come and check us out. Call for a *Free Lunch and Tour*, or try our *Guest Apartment Program** and enjoy a one-week stay for just $100.

*Includes meals, housekeeping and plenty of activities for one week – just $100.

All the comforts of home and more! Your affordable monthly rent includes:

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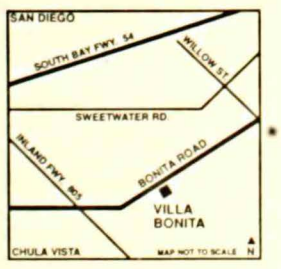

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